

# RenewWellbeing

## Daily Rhythm of Prayer



Meditate on the Psalm of the week for a few minutes. Maybe hold a cuppa and know you are held by God.

### Morning Prayer Psalm 103:1-4

(Take it slowly. Pause after each line.)

Bless the Lord Oh my soul and all that is within me bless  
His Holy Name

Bless the Lord Oh my soul and forget not all His benefits

He forgives all our sins

He heals all our diseases

He redeems our lives from the pit

He crowns us with love and compassion  
(Sit quietly and receive His love for you today. )

### Blessing

May the Lord bless you and keep you  
May the Lord make His face shine on you  
and be gracious to you  
May the Lord turn his face towards you  
And give you His peace  
Amen

( based on Numbers 6:24-26 )

sign up for weekly meditations  
[www.renewwellbeing.org.uk/contact](http://www.renewwellbeing.org.uk/contact)



Meditate on the Psalm of the week.  
Breathe deeply  
" Be still and know that He is God"

### Lunchtime Prayer The Lord's Prayer

Take your time. Pause after each line.

Our Father in Heaven honoured be Your name  
Your Kingdom come, Your will be done on earth as  
it is in heaven

Give us this day our daily bread  
Forgive us our sin as we forgive those who sin  
against us

Lead us not into temptation and deliver us from evil  
For Yours is the Kingdom, the power and the Glory  
Forever and ever Amen

### Blessing

Lord keep us in the beautiful attitudes  
Joyful, Simple and gentle  
And may the favour of the Lord our God be upon  
us

Establish for us the work of our hands  
Oh Lord Establish the work of our hands I  
Amen.

Blessing from Ffald Y Brenin daily prayer  
([www.ffald-y-brenin.media](http://www.ffald-y-brenin.media))

Quiet shared spaces  
where it's OK not to be OK



Examen is an ancient prayer.  
Begin by stilling yourselves  
and start with the meditation  
from the Psalm of the  
week

### End of Day Prayer Examen:Rewind your day with God

In what have you seen His love and beauty today?  
Begin to thank Him

In what have you NOT seen His love and beauty ?  
Where was it due to your actions or something you  
said, take a moment to confess  
and receive forgiveness. Where it was because of  
someone else's troubles..give  
those things to God.

What have you learnt from the good and hard parts  
of the day?

Take a moment to talk to God about one thing you  
have particularly learnt or noticed today.  
Maybe listen for what he might be saying to you.

### Blessing

May the God of all peace make you whole and holy  
May He keep you safe.. body, mind and spirit-  
ready for His presence.

He has called you. He is faithful. He will do it  
(Based on 1 Thessalonians 5v 23)

LORD  
TEACH  
US *to pray*

Being present  
Being prayerful  
Being in partnership

